MUNCHIES FOR THE KIDS
SNACK ON THE GO WITH GRANOLA BALLS {page 21}

ADIEU
FASHION FINALE IN PARIS
STYLE {page 17}

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VANCOUVER metro®
Thursday, March 10, 2011
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News worth sharing.

Captain. Canuck

▶ Local legend Trevor Linden dropped in on students at Templeton Secondary School in Vancouver yesterday as part of an ING Direct campaign to have celebrities give away $7,000 to charities in one day. Captain Canuck told the star-struck students about the importance of leadership, and exchanged life stories with a few of the teens. Story, page 8.

MATT KIELTYKA/METRO

Linden works hard for charity

Cops dig for human remains

Investigation at East Van home includes forensic scientists and police investigators Remains could pertain to a missing-persons case from 1977

KYLE FARQUHARSON/FOR METRO

▶ Const. Jana McGuinness

Police and an archaeological team are scouring an East Vancouver home for the possible remains of a woman who disappeared more than 30 years ago.

Const. Jana McGuinness said they were called to the townhouse at 4842 Rupert St. after receiving a tip that human remains may be inside.

She wouldn't confirm media reports that police were contacted by a man who said he saw his father strangle his mother in the home when he was a child.

"The investigation will provide the answers needed once any evidence of human remains is discovered," McGuinness said.

Forensic and police investigation teams, including students from Simon Fraser University's archaeology department, began searching the home yesterday.

McGuinness said the investigation will probably continue for at least a week.

"We're thankful to the neighbours for their patience and understanding," she said as residents and tenants of the complex peered through their windows.

KYLE FARQUHARSON

Special feature

Make March break a time for family

Take your pick of activities in or out of the house
Travelling with your kids? Reduce stress with some top tips for vacationers
{pages 22-24}

Doctors oppose mega-casino

Venue not worth the risk of more problem gamblers: Official {page 3}

Spanish sounds of Paco Peña

Flamenco master heads show at Vogue Theatre {page 14}

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Death of elder shocks Kwantlen community

The Kwantlen First Nation is in a state of "shock and grieving" after a respected elder was found dead — apparently from a gunshot — according to a friend of the victim.

A family member found the body of George Antone, 71, on Monday evening and police say they're treating his death as a homicide.

"(George) was a very well-respected elder, an active fisherman, and was involved in many of the initiatives and issues we deal with as a community," said Tumia Kanott.

He added the impact of the tragedy has been particularly significant given the close-knit nature of the Kwantlen nation.

The integrated homicide investigation team is working in co-operation with the Langley serious crime unit and RCMP's First Nation policing unit to determine the events that led to Antone's death.

KYLE FARQUHARSON

Window shopper's purse snatched

Vancouver police are trying to track down a young male suspect accused of snatching a purse out of the clutches of a 63-year-old woman in the 600 block of Main Street yesterday. The woman was looking into a storefront window when she was blindsided by the thief, according to police. METRO

METRO FILE

▶ An artist's rendering of the planned Edgewater Casino expansion near B.C. Place.

Stakes too high for docs

- Medical health officers tell city they oppose mega-casino near B.C. Place
- One in 100 people have severe gambling problems

MATT KIELTYKA
@METRONEWS.CA

Doctors have told Vancouver city hall to reject a proposed mega-casino project in the heart of downtown.

During the second animated and jam-packed public hearing session into the planned Paragon Edgewater Casino expansion yesterday, Dr. John Carsley — representing the medical health officers of the city — said he could not endorse the project.

"I can't say whether [problem gambling] will increase or decrease," Carsley later told Metro. "But from a public health point of view, when there is uncertainty about the effects, we recommend prudence.

"In this case, the prudent choice is for the city to reject the expansion."

While scientific research on problem gambling is sometimes contradictory, Carsley said the Canadian Problem Gambling Index shows that one per cent of the adult population exhibits signs of severe gambling problems.

"Now that's a lot of people, one in every 100," he said.

Research is unclear whether a bigger casino would attract more potential problem gamblers, but Carsley said it's not worth the risk.

Carsley was the last speaker to address city councillors yesterday.

> **"... from a public health point of view, when there is uncertainty about the effects (of a bigger casino), we recommend prudence."**
> DR. JOHN CARSLEY

Several more public hearings will be needed to get through the 167 people registered to speak.

1 news

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New exhibit tells the story of the Afghan War through pictures. Video at metronews.ca

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Woman saved from fire by RCMP officers

Victim just had hip surgery and couldn't get out on her own ◐ Eight people treated for smoke inhalation

Two RCMP officers risked their lives to save a 67-year-old woman by carrying her down three flights of stairs in yesterday's apartment fire in Chilliwack.

Sgt. Glen Carrier and Const. Pierre Boivin helped the scooter-bound woman, who just had hip surgery and couldn't get out on her own, despite being asked by the fire department to exit the building, police said.

"These two members went above and beyond the call of duty," said Cpl. Tammy Hollingsworth. "They risked their own lives by running into a burning building to save the residents ... (and) ensure everyone got out safely."

The fire broke out on the balcony of a second-floor suite in a building on McIntosh Drive around 4:30 a.m.

Hollingsworth said when police arrived on scene they were greeted by an explosion that probably came from a propane tank.

"They noticed the fire and they heard the explosion," Hollingsworth said. "They backed off for a second and then realized people were still in there and they went in and started knocking on doors and helping people out."

Police are treating the fire as suspicious but no word yet on its initial cause.

Two suites in the 72-unit building sustained fire, smoke and water damage.

PHYLICIA TORREVILLAS

Injuries

- Five RCMP members were treated on site for smoke inhalation.
- Two of those were brought to the hospital for further observation, along with three residents of the building.
- All have been released from hospital, according to police.

First. Nations

Ten-year-old Renee Harris looks out from behind First Nations artwork as she waits to perform with the Dancers of Damelahamid.

DARRYL DYCK/THE CANADIAN PRESS

West Coast dance-off

The 2011 Coast First Nations Dance Festival at the University of British Columbia Museum of Anthropology continues through Sunday. It features diverse and rich cultural traditions practised by dance groups from coastal B.C., Yukon and Alaska.

News in brief

Gaming critic calls for action

CASINO. NDP gaming critic Shane Simpson is calling on premier-designate Christy Clark to address issues surrounding gambling in the province. The issue is a hot topic in Vancouver because of the proposed expansion of Edgewater Casino.

METRO

Liberals give big to groups

GRANTS. Just as the NDP was launching an attack on the government over gaming issues, the Liberals announced more than 1,700 groups delivering programs and support services for children, youth and other disadvantaged British Columbians will receive more than $32 million in community gaming grants.

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CONTRIBUTED

▶ Dancers from Lorita Leung Chinese Dance Company will be among the performers at Crimson Cabaret, the annual North Shore Women's Centre fundraiser.

Women's centre celebrates

Celebrations come amid years of cuts at the North Shore Women's Centre

NATALIE KAUR JOHAL
VANCOUVER@METRONEWS.CA

Despite being faced with years of consecutive cuts, North Shore Women's Centre's annual Crimson Cabaret fundraiser will be a celebration, say organizers. On Saturday, the centre will ring in 100 years of International Women's Day with the Cabaret—an event that showcases internationally acclaimed female performers across a number of genres.

"The event creates an atmosphere that reflects our mandate and our vision for the centre," said Supriya Ryan, North Shore Women's Centre co-ordinator. "It's an opportunity to celebrate while working toward a common cause."

"It's important that we celebrate in acknowledgement of how far our communities have come, but remember that we have a long way to go." For more information, go to northshorewomen.ca.

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Muscletech **Cell-Tech** Creatine 3 kg / 6.7 lb
AllMax **ISOFlex** Protein Isolate 2.25 kg / 5 lb

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▶ Tina Stewart

NUITRITION TALK WITH TINA STEWART

As many as 82 per cent of British Columbians are eating healthier now than they were three years ago — higher than the national average — according to a new study released by Angus Reid and Loblaws. Tina Stewart, a registered dietitian for with Loblaw Companies Limited, talked with Metro about how to shop smart.

What misconceptions do shoppers have about nutrition labels?
People are good at looking at sugar, sodium and fat in (labels) but we often don't take into account portion size. Health Canada has come out with good guidelines about label reading.

How does the price of food affect our healthy eating habits?
Healthy eating doesn't have to be expensive. Buying fruits and vegetables that are in season helps. Frozen alternatives can help as well … so you're not (throwing rotten food away).

How can busy families smartly stock their kitchens to prepare healthier meals quickly and affordably?
Have some staple items in your pantry like wholegrain pasta or rice, canned tomatoes (and) eggs, which make a quick dinner. If you're making something big … make extra and put it in your freezer.

What are some good ingredient substitutions to turn old recipes into healthier, new recipes?
You can use yogurt as a substitute for sour cream, quinoa as a change for (rice or pasta). If you're using canned vegetables switch to low sodium variety. With sugar you can use sugar substitutes like Splenda (or) … applesauce.

KRISTEN THOMPSON

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Captain Canuck gives back

Trevor Linden gives away $7K at random to earn money for his charity ◗ Life after hockey: Business

PHYLICIA TORREVILLAS
VANCOUVER@METRONEWS.CA

For hockey hero Trevor Linden, giving back to the city where he spent most of his sports career still continues three years after he hung up his skates.

Linden competed yesterday against three other celebrities — Calgary Stampeders Henry Burris, Toronto TV host Amber MacArthur and Montreal actress Tammy Verge — in a cross-country race to win $30,000 for their charity of choice.

Each celebrity had to spend $7,000 over seven hours doing "random acts of kindness" as part of ING Direct's THRiVE campaign.

Burris won the competition, but Linden still gets $15,000 toward his charity.

Linden gave away signed jerseys to Templeton high school students and bought kids admission tickets to the Space Centre. He also paid for everyone's breakfast at Sophie's Cosmic Café in Kitsilano.

The money will go toward the Trevor Linden Foundation, which supports needy B.C. children.

"I've been lucky to play a game that I've loved for 20 years, and it gave me an opportunity to make a difference to the community," Linden said. "I've definitely tried to impact as many people as I could. It's something I've enjoyed doing and it's been a big part of my life."

Aside from doing charity work, Linden has also been busy working on his fitness centre, Club 16, and two development projects.

"I'm very thankful for a 20-year career," Linden said. "I enjoy what I do now and I'm looking forward to the next chapter of my life."

MATT KIELTYKA/METRO

▶ Former Vancouver Canucks captain Trevor Linden speaks with students at Templeton Secondary School yesterday about the power of leadership as part of a daylong ING Direct charity drive.

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[2]Example is based on a $250,000 mortgage at 6.00% APR on a 5-year fixed rate term. ®Registered trade-marks of Bank of Montreal.

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2831 Shaughnessy St (Money Mart)

News in brief

SEAN KILPATRICK/THE CANADIAN PRESS

▶ A member of Parliament wears a tie made of the Maple Leaf Tartan.

Maple tartan made official

The Maple Leaf Tartan has been named an official national symbol.

The red, green and yellow plaid has been around for four decades but now it's getting an official nod.

It will be up there with the Maple Leaf and the Coat of Arms as national emblems. THE CANADIAN PRESS

Poll: Voters side with opposition

Most Canadians say they don't want an election, but if there is one, a new poll suggests Canadians are siding with the opposition on issues such as corporate tax cuts and help for the elderly.

The latest Canadian Press-Harris Decima survey shows a clear majority support the Liberal proposal to roll back tax cuts on corporations. THE CANADIAN PRESS

Tories rebuked by Speaker

The Harper government suffered a double blow yesterday in its battle with the opposition.

The Speaker of the House of Commons ruled against the Tories on two major issues.

Peter Milliken found that International Co-operation Minister Bev Oda breached parliamentary privilege by misleading MPs about the alteration of a document.

He also found that the government breached parliamentary privilege by refusing to provide all documents requested by the oppostion on the cost of its crime bills and tax cuts. THE CANADIAN PRESS

Military spending at highest point in decades: Study

Canada was top contributor to UN peace-support missions, but now ranks 60th on list of 102

Canada is spending more on its military than at any time since the end of the Second World War, a new study reports.

The Canadian Centre for Policy Alternatives released the study yesterday. It says defence spending is expected to hit $22.3 billion this year.

Researchers estimate that's a 54 per cent increase over the last decade.

The study, produced for the centre by Bill Robinson, senior adviser at the Rideau Institute, notes a large part of the budget increase has gone toward fighting the war in Afghanistan.

Robinson argues Afghanistan has robbed Canada of the ability to carry out traditional peacekeeping missions.

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ A Canadian military Sikorsky CH-148 Cyclone conducts test flights with HMCS Montreal in Halifax harbour.

"Canada could make a much greater contribution to global security and humanitarian action by shifting resources to non-military security efforts and to peacekeeping operations," Robinson said in a release by the centre.

"Such a shift would make Canada truly a great power in the world of development assistance and humanitarian aid. This is an arena in which Canada could punch above its weight." THE CANADIAN PRESS

Oil burns as Libyan conflict rages on

Two oil installations in Libya were set ablaze in fighting between rebels and forces loyal to Moammar Gadhafi yesterday.

In the west, Gadhafi claimed victory in recapturing Zawiya, the city closest to the capital that had fallen into opposition hands. The claim could not immediately be verified; phone lines there have not been working during a deadly, six-day siege.

Yesterday, a high-ranking member of the Libyan military flew to Cairo with a message for Egyptian army officials from Gadhafi, but no further details were known. THE ASSOCIATED PRESS

Rebel support

Moammar Gadhafi's successes have left the West struggling to make a plan to support the rebels without becoming ensnared in the conflict.

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INCLUDES accom in the heart of Clayoquot Sound over Easter Weekend. ADD Tofino whale watching tour from $124.

Toronto Air + 7 Nights 4-Star from $729 + taxes & fees $258
INCLUDES accom close to shopping and entertainment.

Vacations

France Family Special 7-Night River Boat Charter from $399◊ taxes & fees included
INCLUDES self-drive boat charter in the rivers and canals of the Loire Valley with bedding, bathroom, kitchenette and sundeck. Price based on family of 4. Damage waiver and fuel costs not included.

Dubai Air + 7 Nights from $1029 + taxes & fees $282
INCLUDES accom near the Burj Khalifa.
UPGRADE to 4-star from $235.

Thailand Air + 9 Nights from $1339 + taxes & fees $285
INCLUDES 7 nights beachfront resort-style accom in Phuket and 2 nights Bangkok accom.

Belize Air + 7 Nights 4-Star from $1349* + taxes & fees $398
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SPAIN

Convent of cloistered nuns burgled

Plastic bags stuffed with a huge amount of cash were stolen from a Spanish convent, where among the mostly elderly Cistercian cloistered nuns is one who is a well-paid artist.

A judge will probe the possibility of tax evasion, police said yesterday.

The money was stored in a closet of the convent in the northeastern city of Zaragoza and much of it was in 500-euro notes (each note equivalent to about $675 Cdn). Police said the nuns first reported 1.5-million euros ($2 million) were stolen Feb. 28, then lowered the figure to 400,000 euros ($540,000).

A lawyer for the small community of nuns denied any wrongdoing.

THE ASSOCIATED PRESS

Some make a move against female priests

Hundreds of Anglicans left the Church of England to become Roman Catholics on Ash Wednesday, joining the Ordinariate of Our Lady of Walsingham, a unique grouping created for Anglicans left feeling isolated by the Church of England's decision to ordain women as priests. They left on the day of penance. THE ASSOCIATED PRESS

Gator found guarding ganja

California narcotics investigators found a $1.5-million US marijuana growing operation at a house and an unusual security guard — a four-foot-long alligator named Wally. The Riverside County drug task force team seized nearly 2,300 pot plants and found the reptile, described as a "watch-gator." THE ASSOCIATED PRESS

Kate's weight the new pre-nup debate

NIALL CARSON/THE ASSOCIATED PRESS

▶ Kate Middleton appears a bit slimmer than usual in Belfast, Northern Ireland.

Not uncommon for a bride-to-be to lose weight before the wedding because of nerves, says a wedding planner

How thin is too thin? Not even Kate Middleton has escaped the thorny debate.

The willowy princess-to-be's appearance and reported comments during a visit to Northern Ireland sparked some concerns yesterday about whether she's losing too much weight ahead of the April 29 royal wedding. The subject even became a topic on Twitter.

In front-page newspaper photographs, Middleton appears to be in good health if slightly slimmer than usual, but reporters heard many in the Belfast crowd of well-wishers on Tuesday making comments that she looked a bit gaunt.

One woman, Heather Lindsay, told Middleton "not to lose any more weight," and said Middleton remarked that it was all part of the wedding plan.

"Even those brides who don't plan to lose weight lose weight ... These are pictures they'll have forever, so they want to be in good form."
MARK NIEMIERKO, LONDON WEDDING PLANNER

Palace officials refused to say whether Prince William's fiancée is trying to lose a few pounds before the big day. They also declined to specify her height, weight or to comment on her words in Northern Ireland.

"It was an off-the-cuff comment," said a press aide. THE ASSOCIATED PRESS

PM to attend

ROBERT BENZIE/TORSTAR NEWS SERVICE

▶ Laureen Harper

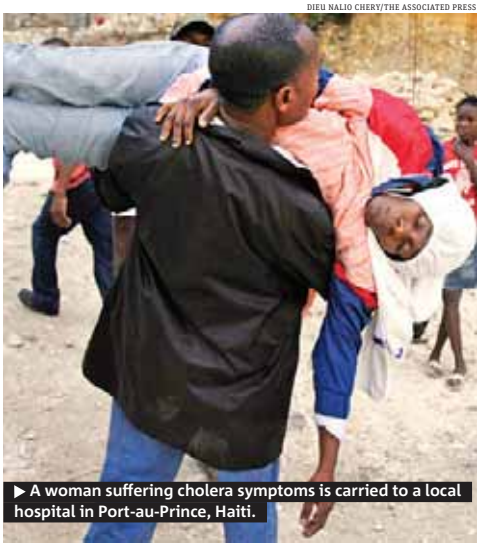
Prime Minister Stephen Harper and his wife Laureen will be at the royal wedding in London next month.

- The Prime Minister's Office says Harper has formally accepted the invitation to attend the Westminster Abbey ceremony on April 29.
- Harper calls the wedding a historic and happy moment and says he's delighted to attend.

Officer gets a taste of Haiti

More than 150 Canadian police officers are in Haiti on a UN mission to provide security and expertise

DIEU NALIO CHERY/THE ASSOCIATED PRESS



▶ A woman suffering cholera symptoms is carried to a local hospital in Port-au-Prince, Haiti.

Domestic abuse and fights over money are the most common crimes in Camp Corail, a tent city in Haiti.

"There was one murder-suicide and I think that's the most serious case we've had," said Const. Jules Laraque, one of five police officers from Halifax who are working in Haiti.

His nine-month mission is nearly over.

"There are cases of rape too, but it's about once or twice a month."

He's part of a UN contingent working with Haitian police to keep the peace in Camp Corail, home to over 7,000 displaced people.

The country of his parents' birth is far from restored.

A devastating earthquake rocked Haiti on Jan. 12, 2010. There are still many demolished buildings yet to be cleaned up, Laraque said.

"When things were starting to slowly move forward, there was a cholera outbreak that hit the city and the election, and that caused some troubles."

And while there is plenty of crime in Camp Corail, there are fewer convictions.

Penniless victims have a hard time getting transportation into Port-au-Prince to make court dates, so the accused usually goes free.

JENNIFER TAPLIN

Baby delivery

Delivering babies is hardly in the job description.

- In September, Const. Jules Laraque, brother of ex-NHLer Georges Laraque, and his partner from Montreal were leaving a hospital in Haiti when a pregnant woman arrived in labour. They tried to get her to another hospital, but the pain was too much.
- "She ended up giving birth on the street with our help," Laraque said. "My partner was hands-on and helping the baby come out."

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STICK, GLOVES, JERSEY ... BOXER BRIEFS?

He says ...

JOHN MAZEROLLE

I, apparently, am a pantywaist — that insult reserved by bellicose hockey fans for those of us who dare suggest that the NHL should be less violent than a game of Grand Theft Auto 3.

They say pantywaist because they know they can't call us female genitalia, though they'd like to, so they pick something that sounds like it's in the same general vicinity.

Let me say in reply: What a bunch of boxer briefs.

I like hockey, I like hitting, I had great fun watching earlier this year when Boston and Dallas had three fights in the first six seconds.

But I'm getting pretty tired of watching concussed players flop to the ice like they're Muppets and Frank Oz is at lunch.

And I'm even more tired that it's still up for debate on television. In newspapers, the case is closed: Accidental and malicious hits alike are threatening to kill someone.

But on TV, there's always somebody — Don Cherry and Craig MacTavish come immediately to mind — who makes it sound like anybody who questions all but the most objectionable hits is threatening to turn the game into the Royal Winnipeg Ballet (Royal Phoenix Ballet after 1996).

The Bill Masterton Memorial Trophy — named after the only player who ever died because of an NHL game — does not need another namesake. Masterton wasn't wearing a helmet when he cracked his head on the ice. Wearing one was considered a sign of weakness. And it took a couple of decades before everybody was namby-pamby enough to wear one.

The caveman culture — sorry, "The Code" — is hard to break.

That's why it's especially ridiculous when TV commentators resistant to change bark that "I PLAYED /COACHED/ KNOW THE GAME!"

The NHL game is played by about 700 players. It's watched by millions. The game isn't for them. It's for us.

And being a backseat driver is perfectly acceptable when the car is going the wrong way down the highway.

A big debate needs to happen at the league level, but for now the NHL should multiply all its typical suspensions by about 10. The league will be the last to come around but the discussion already appears to be changing, even on TV.

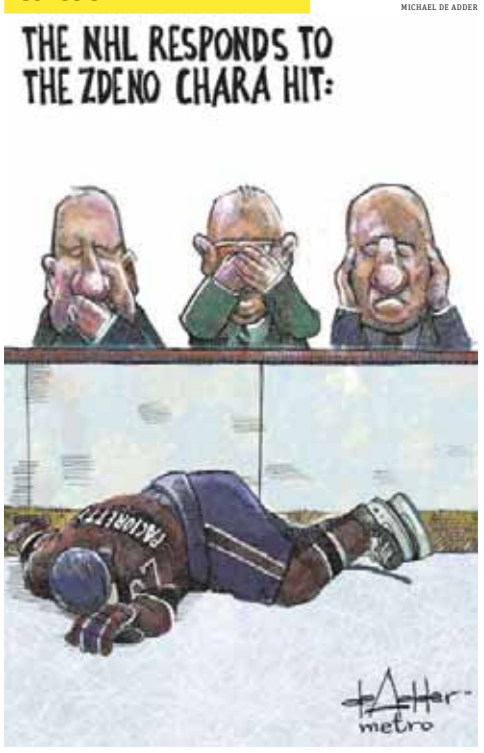
Two years ago, TSN's Bob McKenzie — he who never played the NHL game! — seemed like the only prominent hockey voice who thought hockey violence should be dealt with. Now even former Boston Bruin Mike Milbury, who once beat a fan with his shoe, is wondering if the league is handling the rules around head shots properly.

What a pantywaist.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER



What government means

Letters & Tweets

RE: 'Harper Government' branding draws more fire, published March 9

WHITE ROCK, B.C. The recent disingenuous response by Dimitri Soudas, director of communications in Stephen Harper's PMO, to public outrage concerning the replacement on government documents of "The Government of Canada" by "The Harper Government" is self-serving partisan politics.

Within Parliament the government is the prime minister and cabinet. That is understood and within the context of Parliament that is accepted practice. Canada is a parliamentary democracy and a constitutional monarchy. We elect parliaments, not parties, not prime ministers.

Governors general represent the head of state, the Queen.

Prime ministers are the Queen's first ministers in the Government of Canada in Parliament.

Governments are accountable to Parliament and serve the sovereign who represents the sovereignty of the people.

BRIAN MARLATT

We asked: What is wrong with kids these days?

TORONTO. Media influence.

End of story. Period. The end.

J WILKINS

Government's new moniker

ADRIAN WYLD/THE CANADIAN PRESS

Do you want an election?

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Metro Minute with Cameron Cartiere

Tonight, public-art expert Cameron Cartiere will present the first of three talks in the 2011 Lulu Series: Art in the City.

Cartiere's seminar, The Power of Place and the Success or Failure of Public Art, will explain why "place" is key when creating artwork in public spaces. Cartiere is a writer and researcher who specializes in sculpture parks, public art and cultural heritage.

It will be followed by a performance by guitarist Ivan Dimitrov.

The event is free and will be held at Richmond City Hall, 6911 No. 3 Rd., at 7 p.m.

Seating is limited. RSVP: lulu@richmond.ca.

MEAGAN GILL

JOHN CANHOTO/SUBMITTED

▶ A public-art installation in Richmond.

TSX merger bad for Canada, banks argue

Brain drain, job loss among scenarios painted by opponents of Toronto-London stock exchange

The heart of Canada's financial sector joined a growing list of naysayers warning of the dangers in a proposed merger of the Toronto and London stock exchange operators, casting further doubt on the future of the deal.

Several of Canada's biggest banks argued yesterday that the Toronto exchange already attracts global companies and that plans to put the CEO of the merged company in London would draw the decision-makers to England, reducing Canada's role.

"We do not believe this takeover offer is the right solution to creating a globally sustainable exchange, and nor will it allow Canada to achieve the benefits of globalization offered," Bob Dorrance, head of TD Securities, told a hearing at the Ontario legislature.

"Where do you think the big investment firms will be? They won't be in Canada, they'll be in London."
STEPHEN JARISLOWSKY, CEO, JARISLOWSKY, FRASER

Financial institutions, including TD, CIBC and National Bank, are drafting a public letter warning that Canada risks losing its clout as a financial centre if the deal goes through. Others are being asked to sign it.

However, opposition to the deal was by no means unanimous.

Eric Tripp, president of BMO Capital Markets, which advised the TMX Group on the deal with London Stock Exchange Group PLC., said the merger would benefit the industry.

"The TMX has a real opportunity to expand and grow, under favourable terms, and ensure that Canada's exchanges won't be sidelined," Tripp said. "It is an opportunity to capitalize on our core competencies to both grow and create jobs."
THE CANADIAN PRESS

Smoke. Screen

▶ Starting in 2015, this London shopkeeper will have to hide away tobacco products to comply with a British government ban on their display.

OLI SCARFF/GETTY IMAGES

Counter measure

Following the lead of Iceland, Ireland and Canada, the British government yesterday banned displays of tobacco products in English shops in an effort to reduce smoking. Large stores must cover up starting in 2012, while small shops have until 2015. The Association of Convenience Stores estimated the ban will cost owners $65 million US to dismantle displays and refit counters, while the National Federation of Retail Newsagents called it a "betrayal of our nation of shopkeepers." THE ASSOCIATED PRESS

Air Canada must wait for 787s

Deliveries of Air Canada's first Boeing 787 Dreamliners have again been delayed, causing the airline to postpone its international expansion plans. Air Canada had expected to receive the long-range, more fuel-efficient planes in 2010, but Boeing has struggled with the design and says it can't deliver until the end of 2013 and possibly not until 2014. Air Canada, which has ordered 37 Boeing 787 Dreamliners, wants to add routes to India and more destinations in Asia.
THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 128.26 (13,884.71)	+ 0.29¢ ($103.23 US)

Oil	Natural gas 1,000 cu ft
– 64¢ US ($104.38 US)	$3.930 US (+ 6.6¢ US)

Gold contracts $1,429.60 US (+ $2.40)

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2 scene

HANDOUT

▶ Flamenco Vivo! is in town tonight at the Vogue Theatre.

For flamenco player, future shaped by past

Paco Peña enjoys the storytelling aspect of the southern Spanish dance
Production brings together a cast of dancers, singers and musicians

BACKSTAGE PASS

GRAEME MCRANOR
VANCOUVER@METRONEWS.CA

Flamenco's traditions might be deeply rooted in southern Spain but its universal themes rarely get lost in translation. And Paco Peña is a master storyteller.

"It is a tradition, but the discipline of it is to receive information from the past — but in fact it's not written down — and rearrange the information you receive and incorporate new ideas," he says. "What you understand is the idiom, the language of it. And you can add your own personality to it from the experience of your life."

The 68-year-old, considered one of the world's foremost traditional flamenco players, first picked up a guitar when he was six and played his first professional gig by the time he was 12. "I had dreams of performing when I was a kid," he says. "But there was never a purpose to become a performer. Life took steps and I just followed."

Peña's been touring the world since, always innovating but never losing touch with the art form's visceral emotion.

"It actually deals with very strong human emotions, the way people feel," he says. "And those emotions belong to all of us. Emotions are understood by everybody. So when flamenco comes and exposes itself to other people and cultures, it plays a part in making flamenco understood and felt everywhere."

His latest production features a young cast of dancers, singers and musicians fluent in the fiery complexity of flamenco's latest variations in dance, guitar and song.

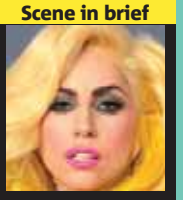
"But it is a tradition, and you can't deviate from tradition too much because then you are leaving behind what makes flamenco unique."

Check out Flamenco Vivo! tonight at the Vogue Theatre. Tickets $45-$52 at voguetheatre.com.

Local events

- **A room with a Hugh.** Legendary South African trumpeter Hugh Masekela performs with five other African musicians at the Chan Centre Saturday night at 8 p.m. Tickets, $65 for adults, $62 for seniors and $55 for students, available at Ticketmaster.
- **Cavalia adds show.** If you haven't got tickets to Cavalia yet, fret not. More performances have been added and the show now runs from March 22 until April 10. Go to cavalia.net for more ticket information.

Scene in brief



Lady Gaga's deal to sell a special edition of her upcoming album at Target is now out of range. A representative for the singer said yesterday the two sides "came to a mutual decision to end their overall exclusive partnership a few weeks ago." The Advocate reported Tuesday that Gaga wasn't comfortable with the deal.
THE ASSOCIATED PRESS

Justin Bieber's sneaker goes on sale on eBay, with proceeds to go to his former high school. Scan for story.

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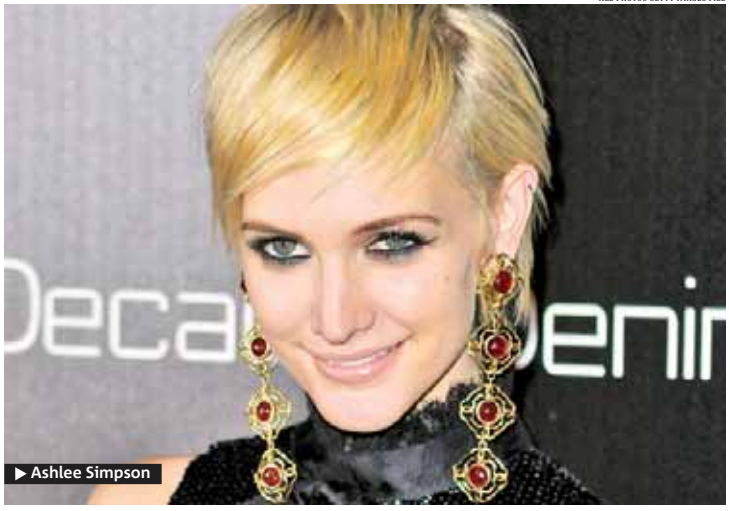
Custody battle on the horizon?

[illegible] pson wants to keep ex to visitations

ALL PHOTOS GETTY IMAGES FILE



▶ Ashlee Simpson

It looks like Ashlee Simpson's divorce from Pete Wentz isn't going to be as simple as she thought, as Wentz filed papers this week seeking joint custody of their two-year-old son, Bronx, and requesting that they each pay their own legal fees, according to People magazine.

In her initial divorce filing, Simpson had requested full custody of Bronx, with visitation rights for Wentz, and that Wentz pay her lawyer costs.

But a source close to Wentz says this isn't a sign that a brutal custody battle is coming.

"He's not gearing up for a custody war," the source says.

METRO

Talking points

Charlie Sheen may not be 'winning'

PEOPLE. While Charlie Sheen has been proudly proclaiming his new "winning" lifestyle, things aren't actually going so well for the recently fired Two and a Half Men star.

"I'm really starting to lose my mind. I'm ready to call anyone to help," Sheen tells Life & Style magazine.

"I'm really trying to contain myself right now. My lawyer wants to come over to my house and take the bullets out of my gun."

And his friends agree: "Charlie's losing it," a Sheen confidante tells the magazine.

"Charlie is a ticking time bomb, and we all fear he could do something drastic like committing suicide or falling back on hard drugs." METRO

Cyrus chasing Jared Followill

PEOPLE. Miley Cyrus has set her sights on Jared Followill, the bass player for the band Kings of Leon, after meeting him at last year's MTV Europe Music Awards, according to Hollywood Life.

"Miley wants to keep Jared interested. She often sends him coy text messages," a source says. "So far, he is a big fan of what she has been sending. He thinks she's very pretty and is excited she's still flirting with him."

And, the source adds, Followill isn't shy about sharing the attention Cyrus has been sending him.

"Jared loves showing off his texts from Miley."

METRO

Celebrity tweets

Jonah Hill [@Jonah-Hill] Million Dollar Listing is definitely hurting without Chad. Don't pretend like you don't know what I'm talking about. #iwatchbadtvshows

Simon Pegg [@simon-pegg] A small house fire in LA has been attributed to Charlie Sheen's publicist exploding. No one else was hurt.

Jessica Alba [@jessica-alba] Finishing a late lunch -now I want to sleep. @cash_warren is ordering 4 desserts... What the heck do we do w him

Conan O'Brien [@Conan-OBrien] Good news, I treated myself today to the new iPad 1. Wait... what's that?

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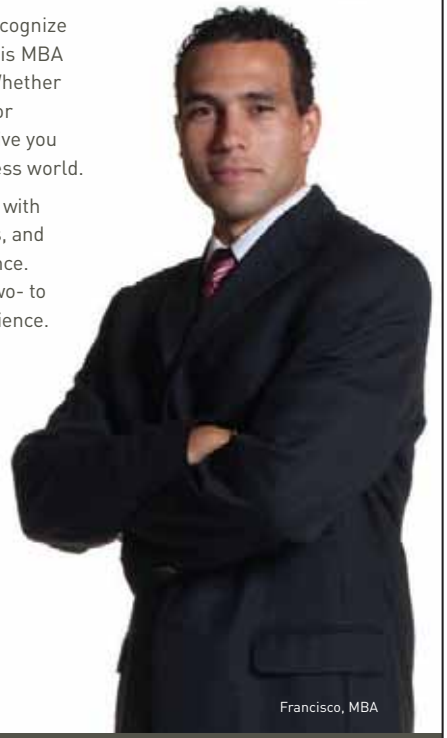

Francisco, MBA

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Four stellar weeks of style come to an end as Autumn/Winter Fashion Month wraps up in France ◆ Take in five shows from the Paris runways, each befitting a grand finale

A peek into Paris à la mode

KENYA HUNT
METRO WORLD NEWS

MANISH ARORA

Manish Arora, who just took on a second job as creative director of Paco Rabanne, seems to be on the cusp of a bigger kind of fashion fame. His fall show had his starriest audience yet (key editors, stylists and Kanye West) with heavily ornamented, embroidered creations to match. Standouts included a series of patchwork dresses in metallic jewel tones (the most wearable of the bunch), a dramatic bird-cage dress with laser cut-outs and a series of fur skirts with gold hardware framing the waist.

PASCAL LE SEGRETAIN/GETTY IMAGES

VIVIENNE WESTWOOD

We've seen a lot of shimmer this season. And a lot of it has felt glamorous in a seriously grown-up kind of way. But let's face it; glitter and sequins are also the stuff of high camp. It's meant to be kind of zany. Vivienne Westwood was one of few designers to treat it this way, covering dresses, shoes and even the runway (complete with a finale shower of sequins) in eye-popping glittery gold. It's a bold look, and not the easiest to pull off. But on the catwalk, it made for a wild and fun moment.

PASCAL LE SEGRETAIN/GETTY IMAGES

SONIA RYKIEL

Creative director Nathalie Rykiel interpreted the season's plaid trend in a way that was feminine, fun, flamboyant and very true to the spirit of her mother. Standouts included a beige-and-black plaid coat with massive tangerine-coloured fur sleeves (another big trend for fall) and a dress in the same colourway with an oversized pink stole.

PASCAL LE SEGRETAIN/GETTY IMAGES

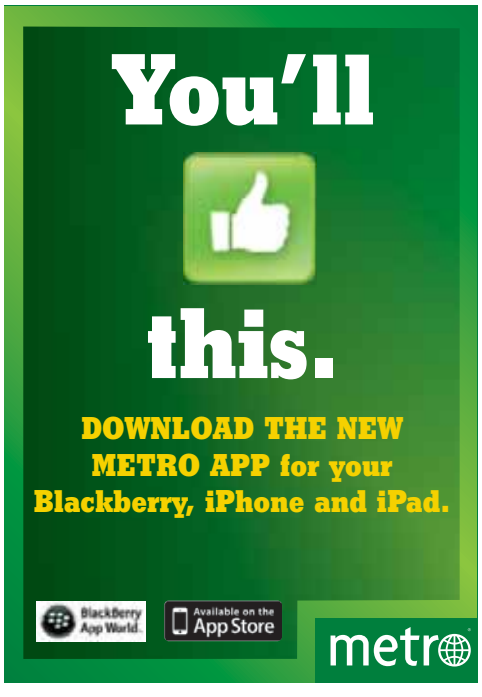
GIVENCHY

Riccardo Tisci, who sits at the top of the list of designers rumoured to replace John Galliano at Christian Dior, showed a seductive collection centred around the '50s pin-up girl. But instead of taking the literal approach and showing skin-tight bustier dresses, he created leggy skirts with transparent panels that revealed a flash of thigh. It was the smart girl's version of sexy dressing.

PASCAL LE SEGRETAIN/GETTY IMAGES

CHANEL

A coal miner's daughter in tricked-out tweed at a swanky Paris nightclub? On Karl Lagerfeld's smoky, ash-covered runway in Paris's Grand Palais, it weirdly made sense. He sent out a dark and fantastical array of beautifully constructed looks including mini skirts over skinny trousers, tweed boleros and jumpsuits for evening, all worn with tough girl biker boots. Romantic lace balanced out the hard edginess of it all.



3 life

Topshop coming to Canada

▶ Topshop designer Kate Moss

Topshop and Topman have found a new home across the Atlantic at the Hudson's Bay Co. The Bay has earned Canadian franchise rights for the U.K. fast-fashion retailers, including rights for both shops within the Bay's stores as well as stand-alones. Topshop and Topman are expected to launch stores within the Bay this fall.

"We couldn't be more excited about adding Topshop and Topman to the Bay's growing roster of fashion-forward finds," company president and CEO Bonnie Brooks said in a release yesterday. Sir Philip Green of the Arcadia Group, which owns the U.K. retailers, said the move represents another step in their continued international growth.

THE CANADIAN PRESS

Got $14K to spare? A Philadelphia retailer has custom-made a prom gown using hundreds of diamonds. Scan or visit metronews.ca for story.

Getting hung up on art

Karl Lohnes offers his tips for hanging artwork in your home

DESIGN CENTRE

KARL LOHNES
HOME@
METRONEWS.CA

It constantly surprises me how so many people buy a nice sofa, get some great art to hang over it, then hang the artwork way too high.

I see this common decorating mistake over and over again. Lets hang our art at a place where we can enjoy it and where it compliments out decorating efforts. Here are some easy-to-follow rules for hanging artwork throughout your home.

Anchor the art

When hanging art work over a sofa in your living room or a headboard in the bedroom (these pieces of furniture are referred to as an anchor), the artwork should fill approximately two-thirds of the width of the anchor.

For example, if you have a sofa that is six-feet wide, the artwork hanging above should fill about four feet of the width of the sofa.

This doesn't mean that you have to look for a piece of art that is four-feet wide — you can combine pieces to come up with a total width of four feet.

Never hang artwork in relationship to the height of the ceiling. It should be hung in relationship to the anchor you are hanging it above or the floor. In a low-ceiling room, this means you should hang your artwork about eight inches above the anchor. In a room with high ceilings, hang pieces 12 inches above the anchor.

Floating your art

When hanging artwork without an anchor, consider every angle from which you will be viewing the piece when deciding where to hang it. Remember that hanging pieces lower to the ground creates a more relaxed feel in your room. The basic rule is to measure 66 inches from the floor — the middle of your artwork should be at this height. You've likely heard that artwork should be hung at "eye level," a qualification that is obviously in the eye of the beholder!

CONTRIBUTED

▶ Artwork should be hung eight to 12 inches over an anchor piece of furniture.

SUBMITTED

▶ Hanging artwork higher creates a disconnect.

Sixty-six inches (or five feet, six inches) is approximately the height of the average woman, so ensuring that the centre of your artwork is placed at this height is a good rule of thumb when taking the "eye level" idea into account. If hanging artwork up a stairwell wall then follow the 66-inch rule and make sure to space the art between the bottom and top steps only.

Updating your art

The shape of your available wall space can greatly influence the way in which you hang your artwork.

If you want to fill up some wall space between two doors, for example, it would be appropriate to hang artwork in a vertical fashion. It is particularly important to consider the shape of your wall space when hanging a collection.

Remember that using large artwork in small spaces creates grandeur — this is a great tip to keep in mind when decorating your entranceway, for example. If hanging a group of artwork together, then put the largest or heaviest-looking piece in the middle and gradually place the artwork smaller and smaller until the smallest art is displayed on the outer edges of the grouping.

Other things to hang

For hanging a fuel-burning or electric fireplace, the rule is the same as hanging a plasma TV. Fireplaces should be hung 36 to 42 inches from the floor to the centre of the fireplace.

Similarly, plasma televisions should be hung about 40 to 42 inches from the floor to the television's centre. If hanging art or a flat screen television over a mantel, it should be placed three to six inches above the top of the mantel.

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metro

LOWE'S/THE ASSOCIATED PRESS

▶ The Katrina Cottage packs a living room, two bedrooms and one bath into 544 square feet.

Tiny homes can become treasures

Tiny houses are going mainstream.

Just look at the Katrina Cottage, originally designed by architects Andres Duany and Marianne Cusato as a dignified alternative to the Federal Emergency Management Agency trailer for flood-ravaged New Orleans.

The tiny charmers with pitched roofs, nostalgic front porches and 300 to 1,800 square feet are becoming popular elsewhere; Lowe's home stores sell the blueprints and materials.

The cottages are being used as affordable housing, guesthouses and vacation cottages.

It's part of a larger trend toward living small.

The average size of the American home expanded from 983 square feet in 1950 to 2,340 square feet in 2004, up 140 per cent. This boom was largely driven by a belief that living big meant living well, and that real estate was a great investment, so the bigger the house the better the investment.

The recession is one thing killing that notion. Millions of foreclosures have meant "people have lost a ton of equity," said Boyce Thompson, editorial director of Builder magazine. Add in high unemployment and energy costs, and no wonder small might seem better.

According to the American Institute of Architects in 2010, 57 per cent of architecture firms reported a decrease in the square footage of homes they designed.

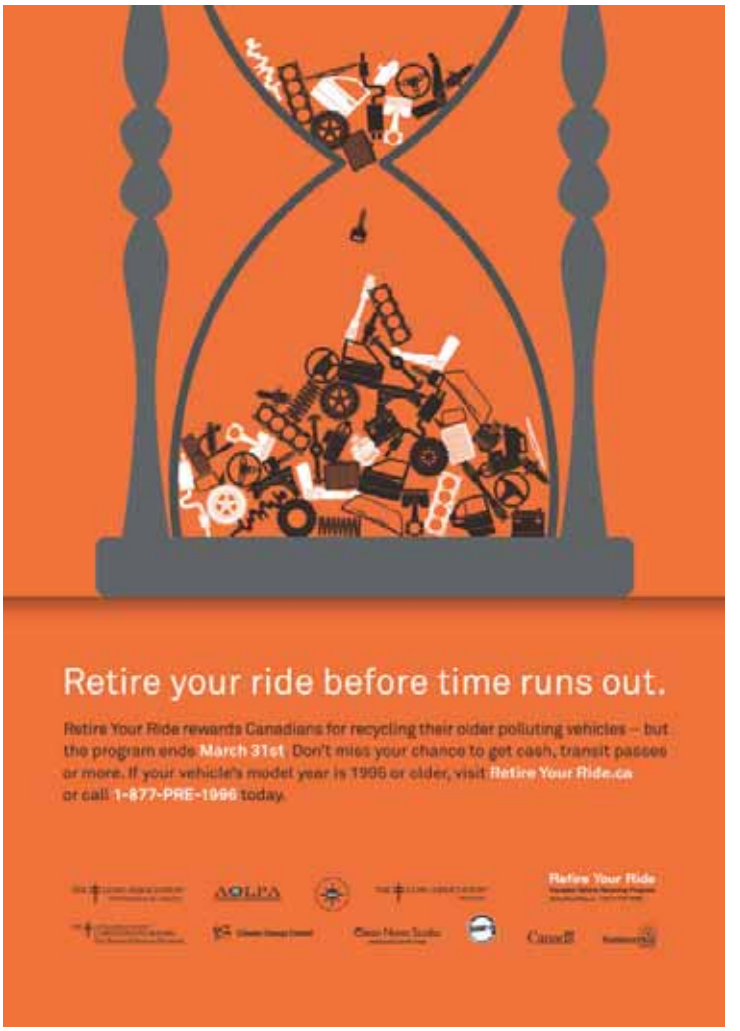
Another factor is people's desire to live more ecologically, less wastefully.

And there are demographic changes. Thompson points out that one-third of American home buyers are now single; people are marrying later, and many don't want to wait until marriage to invest in a house.

Moreover, as Americans live longer, many widows and widowers are downsizing to small homes.

And with elderly parents and grown children returning home, there are more multigenerational families, increasing the demand "for small auxiliary buildings," Cusato says.

THE ASSOCIATED PRESS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Outdoor lighting comes of age

The variety that you could once only find indoors is now available outdoors too Check out the latest fashions

A trend toward creating "outdoor rooms" has dramatically increased lighting options for homeowners who want to extend their time outside.

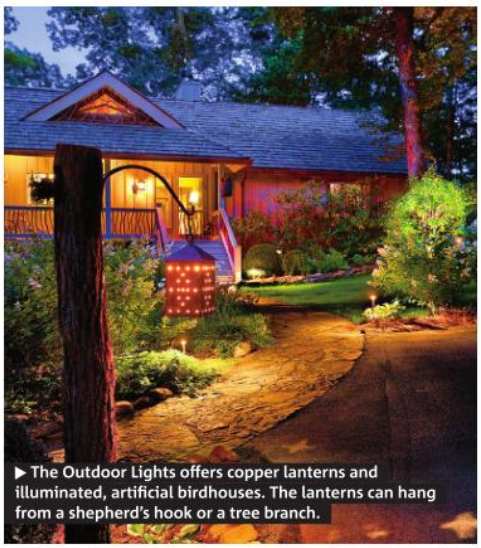
Most indoor lighting fixtures — chandeliers, pendant lights, table lamps — now have a counterpart designed for patios or decks.

"We have seen outdoor lights absolutely replicating indoor designs," said Anne Robert of theoutdoorstylist.com, a website that focuses on home trends.

"Outdoor lighting is a mood setter. It can make or break a design just like it can indoors."

The abundance of products lets you make outdoor spaces more functional, said Rich Young of Outdoor Living Brands in Richmond, Va. "It allows families to extend the square footage of their home," he said. "With the right light, you can extend the evening for dining or reading or other activities outdoors."

THE OUTDOOR LIGHTS



▶ The Outdoor Lights offers copper lanterns and illuminated, artificial birdhouses. The lanterns can hang from a shepherd's hook or a tree branch.

When choosing fixtures for outdoor entertaining areas, consider how much light is necessary, said Alene Workman, a spokeswoman for the American Society of Interior Designers. A table needs to have sufficient light so diners can eat, whereas a conversation area may need only soft mood lighting.

MOONLIGHT GMBH

▶ Moonlight USA sells decorative outdoor illuminated globes, which can glow white like the moon or cast light in a rainbow of colours.

Be creative with table lighting, recommends Krissa Rossbund, a senior style editor at Traditional Home Magazine.

"Gone are the days when people hang a chandelier over a table and call it lit," she said.

She suggests hanging two small chandeliers instead of one large one, or buying a chandelier at a flea market and painting it a bright colour.

Outdoor chandeliers come in a variety of styles, from mission to modern. Manufacturers also offer many candle chandeliers for outdoor areas that don't have electricity.

For seating areas, choose a weighted outdoor floor lamp, said Workman, who owns an interior design firm in Hollywood, Fla. "There are wonderful new outdoor lights that are almost art pieces themselves," she said.

Coloured lights, illuminated furniture and subtle fixtures designed to blend with nature will be popular this year, according to design professionals.

Workman expects to see the use of colour increase, and "I don't mean Christmas lights," she said. Landscapers are starting to incorporate subtle red, blue and pink lights.

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With March break around the corner for many students, here we offer up two recipes that even the pickiest child will love to help you make and will chow down with no complaints

Kid-friendly eats & treats

Chicken Noodle Bowl

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Kids will love slurping noodles from this fast-food favourite, which gets a nutritious makeover.

Ingredients:

- 1 tbsp (15 mL) butter
- 12 oz (375 g) boneless chicken breasts
- 2 tbsp (30 mL) minced fresh ginger
- 3 cups (750 mL) reduced-sodium chicken broth
- 1/4 cup (50 mL) reduced-sodium soy sauce
- 2 tbsp (30 mL) rice vinegar
- 1 tsp (5 mL) chili sauce
- 8 oz (250 g) small mushrooms, thinly sliced
- 3 stalks celery, sliced
- 6 oz (175 g) wide rice noodles
- 2 tbsp (30 mL) cornstarch
- 1 1/2 cups (375 mL) milk
- 1 cup (250 mL) bean sprouts
- 2 green onions sliced

Preparation:

1. Heat pot over medium-high heat. Add butter; swirl to coat. Add half each of the chicken and ginger and sauté for 2 minutes. Transfer to a bowl. Repeat with remaining chicken and ginger. Set aside.
2. Add broth, soy sauce, vinegar and chili sauce; increase heat and bring to a boil. Stir in mushrooms, celery and noodles. Whisk cornstarch into milk; stir into pot. Reduce heat to medium and cook, stirring, for 10 minutes or until bubbling and noodles are tender.
3. Stir in chicken mixture. Season to taste with chili sauce. Using tongs, divide chicken and noodles among warmed serving bowls; ladle broth on top. Top with bean sprouts and green onions.

DAIRY FARMERS OF CANADA/THE CANADIAN PRESS

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOKS.CA

As a mom who regularly travels with her kids, my concerns are always centered around what healthy meals and snacks can survive the trip and its inevitable delays.

You know what I mean by survive, right?

What won't crumble into a 1,000 pieces in a bag, turn toxic when they confiscate your gel pack, or smell so offensive your neighbours tell the flight attendants on you. (That actually happened to me. Helpful note: Don't eat hard boiled eggs on planes.)

There's the usual stuff at airports like bananas, apples and the occasional cheese string, but I like things that pack a nutritional punch as well as — you know — pack well.

These granola balls are full of protein, fibre and vitamin A (thank you, cranberries).

They're perfect for little fingers to eat, and are a fun and quick pre-March break flight project for your miniature bakers.

Cranberry Granola Balls

Preparation:

1. Spread oats and coconut out on baking sheet and toast in 350 F (180 C) oven for about 10 minutes or until lightly brown.
2. In sauce pan, combine sunflower butter, agave and brown sugar over medium heat. Stir until brown sugar is completely blended. Stir continuously so mixture doesn't burn.
3. Add oat mixture, granola and cranberries to sugar mixture and stir to combine. Let cool slightly. With moist hands, roll a teaspoonful (5 mL) of the mixture in palm of hands to create bite-size balls. Place on plate and refrigerate for about an hour to harden. Store in an airtight container at room temperature for up to 1 week.

SWEET POTATO CHRONICLES (SWEETPOTATOCHRONICLES.COM)

Ingredients:

- 2 cups (500 mL) old-fashioned rolled oats
- 1/2 cup (125 mL) unsweetened shredded coconut
- 1/2 cup (125 mL) agave nectar
- 1/4 cup (50 mL) packed brown sugar
- 1/2 cup (125 mL) sunflower butter (no nut worries)
- 1/2 cup (125 mL) homemade or store-bought granola
- 1/2 cup (125 mL) unsweetened dried cranberries

MAYA VISNYEI PHOTOGRAPHY

▶ This recipe makes 24 granola balls.

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Our guide to

There are many ways for families to spend time together during March break

PAULINE ANDERSON
LIFE@METRONEWS.CA

To ensure a fun March break with your kids, why not include them in the planning? Send your older daughter to the library or your son on the Internet to find out what's going on in your community.

While it's important to structure the week's activities, it's not good to "hyper plan," says Alyson Schafer, a Toronto author of Ain't Misbehavin: Tactics for Tantrums, Meltdowns, Bedtime Blues and Other Perfectly Normal Kid Behaviors.

She stresses kids prefer a family swim instead of being dropped off at a swim camp, even if you're watching from the sidelines. "Kids really just want to be with mom and dad when mom and dad aren't in a bad mood," says Shafer.

Patience is the name of the game during this frenzied week. So prepare to stand in lineups, and to cover only a third of the exhibits in twice as much time as any other week

"Maybe that's the only thing you do that day, and the next day is a 'stay at home' day," says Shafer.

Organizing activities for families with kids of different ages takes some creative planning.

Shafer suggests the family head for a destination (a local ski slope) where one parent takes the older child (down a bunny hill) while the other entertains the younger one (in the chalet). "So even though they did different things while they were there, there's still a common memory."

Creative ideas

Here's a list of some fun March break activities from Judy Arnall, a parenting expert and author.

Stormy day ideas
- Dig out those puzzles and crafts that didn't get opened at Christmas.
- Have a themed movie week; for example, a Harry Potter movie fest.
- Pitch a tent in the family room and "camp out" for a few days.

When it's nicer outside
- Go tobogganing, cross-country skiing or snowshoeing
- Hunt for treasures at a second-hand store.

Older kids
- Organize a cleaning project. (Does your basement need rearranging?)
- Pay your teen to do a big job such as categorizing all those photos on your computer.

Younger kids
- Throw a "stuffie" birthday party. (Invite all your stuffed animals and have cake, presents and a tea party.)
- Pick an historical era and organize clothing, activities and food around that theme.

It's March break — so take a hike

FLICKR/PINK SHERBET

▶ As the weather starts to warm, take advantage of some gorgeous days and get outside.

According to a recent study by the Canadian Fitness and Lifestyle Research Institute, Canadian children do not get enough physical activity on a daily basis. Walking is an easy way to incorporate exercise into your child's daily routine. And it isn't only a great source of exercise. According to research, going for a walk can also improve your child's mood. This March break, Get your kids walking (and smiling) with these tips.

- Walk with a buddy. Whether it's a friend, family member or even a dog, having a walking buddy will make the time fly.
- Establish a "walking school bus." Select a route from home to school and pick up other children along the way. Take turns with other parents to lead the walking school bus each day.
- Go on family hikes. At My Best (atmybest.ca), a national school-based children's wellness program developed by AstraZeneca Canada and Physical and Health Education Canada, recommends that communities start hiking clubs so families can do physical activity together. It's also a wonderful way to make new friends and get to know your neighbourhood.

NEWS CANADA

March break

ISTOCK

▶ A puzzle is a great way to enjoy "we" time.

Take care in the sun

FLICKR/FAITH GOBLE

▶ The sun can cause damage — even in winter.

An Ontario poll suggests many young people continue to expose themselves to ultraviolet radiation from the sun or the use of tanning equipment, despite the risk of skin cancer, including potentially deadly melanoma.

The Environics survey shows that many young people in the province still engage in harmful behaviours, such as getting a "base tan" before going on a beach vacation because they believe it will protect them from sunburn.

"We're concerned that too many Ontarians continue to seek a tan, especially before and during a winter vacation in a sunny climate," says Dr. Loraine Marrett, director of surveillance, prevention and cancer control at Cancer Care Ontario. "There is simply no safe way to get a tan."

For Canadians planning to spend their March break in the sun, the society offers the following ways to avoid dangerous UV exposure.

• Plan outdoor activities before 11 a.m. or after 4 p.m. to minimize exposure when rays from the sun are most intense.

• Seek shade or create your own shade with an umbrella or other portable structure.

• Wear a wide-brimmed hat and loose-fitting clothing made of tightly woven fabric.

• Liberally apply a broad-spectrum (with UVA and UVB protection) sunscreen, SPF 15 or higher.

• Wear sunglasses with UVA and UVB protection.

Dr. Cheryl Rosen, national director of the Canadian Dermatology Association's sun awareness program, says they are particularly concerned about youth because the use of tanning equipment before the age of 35 has been found to increase the risk of melanoma.

THE CANADIAN PRESS

"We need to work towards a social norm that does not include a tan as a sign of beauty or health."

SALIMA ALLIBHAI-HUSSEIN, CANCER SOCIETY

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QUICK TIP

Saving is easier when you have a reward to look forward to.
If you've always wanted an amazing family vacation, now's a perfect time to start planning. Here's how:

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Travel with kids needs planning

But it doesn't have to be a huge hassle

ISTOCK

If you're prepared, you can all start to relax before you get there.

With the children out of school for March break, it seemed like a great idea to book a family trip. Now, faced with bags to pack, kids to entertain and unpredictable weather threatening to delay your travel plans, are you having second thoughts?

Relax — or at least think about how relaxed you'll be when you get to your destination. You may not be able to control the weather, but planning ahead will help you manage any travel hiccups so you can enjoy a stress-free holiday.

As a travel enthusiast, Stacie Pearson, associate vice-president of TD Credit Cards, has some experience with reducing travel stress, and offers her top tips for travellers this March break.

Drive to the airport. Avoid worrying if your family and your luggage will all squeeze into one airport limo or taxi. Set your own schedule and drive your own car to a secure and convenient airport parking lot. Keep in mind that some travel credit cards will let you redeem points for airport parking so that you can include it in the total cost of your vacation.

Take the earliest flight possible. Try to book a flight as early in the day as possible and avoid the last flight out. Delays tend to happen as the day goes on, so booking an early flight limits the chances of getting stuck at the airport.

Don't lose a day of vacation because your luggage is lost. Protect yourself by booking your trip on a credit card that has Delayed and Lost Baggage Insurance. For instance, if you charge the full cost of your tickets to the TD First Class Travel Visa Infinite Card, you, your spouse and dependent children can be eligible to receive up to $1,000 each, if your checked baggage is lost or delayed more than six hours. Just to be safe, make sure your carry–on includes destination must–haves, like a swimsuit and sandals, so that if your luggage is delayed for a few hours, you can head to the beach while you wait for your bags.

Avoid surprises by budgeting for all costs. While big ticket items are easy to calculate, costs including airport transfers and taxes often get overlooked. **NEWS CANADA**

Use your points

- Many travellers experience the pinch of unexpected costs such as weight restrictions.
- Consider using a credit card that offers travel reward points that you can use for more than just the plane ticket – airport parking, taxes, even a massage at the resort's spa.
- Being able to offset these costs with points will help to significantly reduce your total travel expenses.

pull out of slide tonight?

It has come to this: Even Phil Jackson is offering a sympathetic word to the reeling Miami Heat.

The coach of the two-time defending champion Los Angeles Lakers has taken plenty of jabs at the Heat in recent months, over everything from how this roster was put together, Erik Spoelstra's job security and this week the already-infamous episode dubbed "Crygate."

So yesterday, with the Heat in a five-game losing streak, Jackson stood on their home floor and had ample opportunity to poke Miami again.

He went the other way instead.

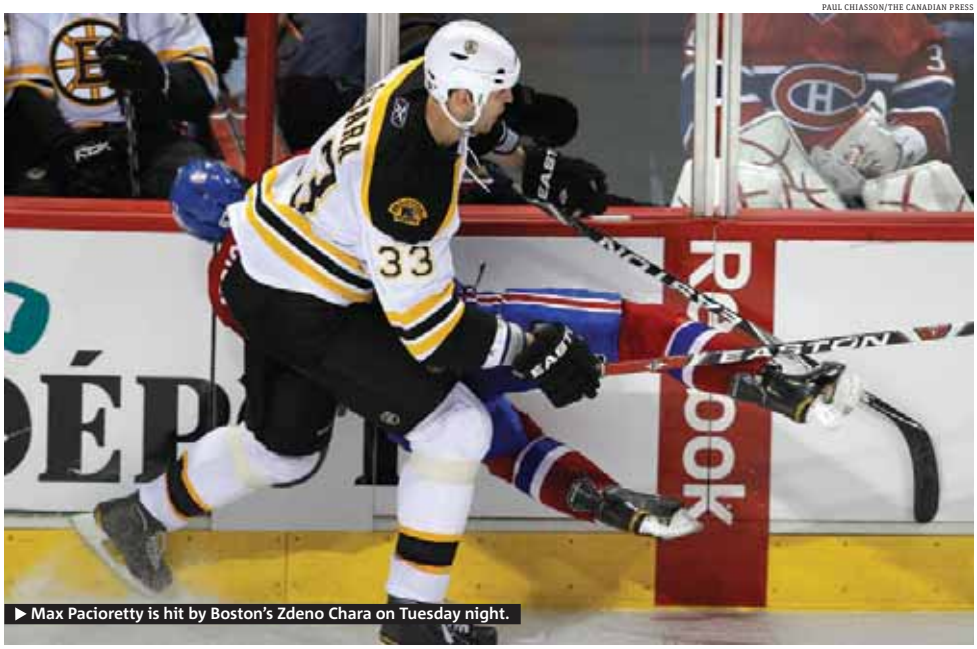
"From what I've heard, this team feels like they're being looked at to lose, or they've been hoped at to lose," Jackson said before the Lakers practised for their game in Miami tonight.

"I know locally that can't stand true, but nationally, if that's the case, it's a burden to carry. And then those games that are dramatic become bigger than they really should be."

That certainly seems to be the case around Miami these days.

Not even two weeks ago, the Heat were in a virtual tie with Boston for the top spot in the Eastern Conference. Miami hasn't won since, falling to third in the East, four and a half games behind the Celtics and two games behind the Chicago Bulls. Even the No. 3 seed in the East playoffs isn't exactly assured, with Orlando starting play yesterday three games behind the Heat. THE ASSOCIATED PRESS

PAUL CHIASSON/THE CANADIAN PRESS



▶ Max Pacioretty is hit by Boston's Zdeno Chara on Tuesday night.

Chara hit rocks NHL

Bruins captain won't be punished by league, but blow that left Max Pacioretty injured has increased debate about players' safety

In a season of nasty hits and concussions in hockey, the one that left Montreal Canadiens forward Max Pacioretty lying motionless on the Bell Centre ice may have been the most frightening.

Still, the National Hockey League opted yesterday not to issue a fine or suspension to Boston Bruins captain Zdeno Chara for the hit that sent Pacioretty to hospital with a concussion and a fractured neck.

The incident late in the second period of the Canadiens' 4-1 victory over visiting Boston on Tuesday was replayed countless times on television, once again raising debate on whether the NHL is doing enough to end blows to the head and reduce serious injuries.

"I feel bad about what happened," Chara said at practice yesterday before learning about the league's decision. "I was trying to make a strong hockey play and play hard and it's very unfortunate, like I said, that a player got hurt and had to leave the game."

It reached the House of Commons, where the hit was called "unacceptable" by Minister of State for Sport Gary Lunn.

Pacioretty suffered a severe concussion and a non-displaced fracture to the fourth cervical vertebra in his neck.

Doug Richards, medical director of the McIntosh sports medicine clinic at the University of Toronto and former team doctor for the Toronto Raptors, said such a fracture alone usually takes about three months to heal. THE CANADIAN PRESS

A crime?

Montreal police are asking hockey-mad Canadiens fans to stop calling them to file complaints against Zdeno Chara.

▶ Police say they have been inundated with calls from people seeking to file a criminal complaint.

Manitoba beats Alberta

Manitoba's Jeff Stoughton defeated Alberta's Kevin Martin 5-1 in last night's feature match at the Tim Hortons Brier to move into first place at 8-1. Martin started the day with an 11-3 rout of Saskatchewan but couldn't get on track against Stoughton.

The Olympic champion missed a takeout attempt in the third end, giving Manitoba a steal of two and a lead the two-time national champion wouldn't relinquish.

NATHAN DENETTE/THE CANADIAN PRESS

▶ Jeff Stoughton

"After three ends we were just ripping everything," Stoughton said. "That's what worked out great. The peels were just on fire. (Third) Jonny (Mead) was making every double and runback there was imaginable and (second) Reid (Carruthers) made everything and Steve (Gould) set up the ends perfect.

"I mean if you have your lead off centre or not putting those rocks in good spots then you can get in a little bit of trouble. I mean it was a simple game, but we sure played well." THE CANADIAN PRESS

Sports in brief

Paul misses another game

NBA. Chris Paul was scratched from a second straight crucial game in the New Orleans Hornets' quest to remain in the playoff hunt when he was ruled out from last night's matchup against the Dallas Mavericks. Hornets coach Monty Williams said he could not project a return date for Paul. THE ASSOCIATED PRESS

NFL, union talking money

NFL. Players' union leader DeMaurice Smith indicated yesterday that NFL owners have lowered from $1 billion US to $800 million the amount of additional revenues they want to take off the top of their $9-billion business. He also was clear he considers the lower figure still too high, because the league is not offering to turn over enough financial information. THE ASSOCIATED PRESS

4 sports

Canucks preview

Canucks at Sharks
7:30 p.m.
TV: SNET-P
Radio: AM 1040

The road has been good of late for Vancouver (43-16-9) who have won the first three games of a five-game stretch. Vancouver has won the last two meetings with the Sharks.

San Jose (39-22-6) has been one of the NHL's hottest teams of late. The Sharks have won nine of their last 10 games. Eleven of San Jose's last 13 games have been decided by one goal. THE CANADIAN PRESS

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	66	41	19	3	3	212	175	88	21-10-1-2	20-9-2-1	4-5-1-0	W1
d-Washington	68	38	20	5	5	183	167	86	20-8-2-5	18-12-3-0	8-2-0-0	W6
d-Boston	66	38	20	3	5	200	156	84	16-12-2-2	22-8-1-3	7-2-1-0	L2
Pittsburgh	68	39	21	5	3	196	167	86	21-11-2-0	18-10-3-3	4-2-3-1	W2
Tampa Bay	67	38	21	3	5	200	203	84	22-8-1-4	16-13-2-1	4-4-0-2	W1
Montreal	67	37	23	4	3	180	168	81	21-8-3-3	16-15-1-0	6-3-0-1	W5
NY Rangers	69	35	30	2	2	195	169	74	15-17-1-2	20-13-1-0	4-6-0-0	L1
Buffalo	66	32	26	7	1	190	190	72	14-15-2-1	18-11-5-0	5-3-1-1	L1
Carolina	67	31	26	5	5	193	204	72	18-10-2-2	13-16-3-3	4-4-1-1	L2
Toronto	67	29	28	5	5	176	206	68	15-12-3-4	14-16-2-1	5-1-2-2	L2
Atlanta	67	28	28	4	7	187	216	67	14-14-1-5	14-14-3-2	3-6-0-1	W2
New Jersey	66	30	32	3	1	140	170	64	15-14-2-1	15-18-0-1	8-2-0-0	L1
Florida	67	27	31	5	4	168	186	63	13-13-5-3	14-18-0-1	3-5-2-0	W1
NY Islanders	68	26	32	5	5	188	215	62	15-15-1-4	11-17-4-1	5-2-2-1	W1
Ottawa	66	23	34	5	4	149	207	55	11-18-2-3	12-16-3-1	5-4-0-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	68	43	16	4	5	220	158	95	23-7-1-4	20-9-3-1	6-4-0-0	W3
d-Detroit	67	39	20	5	3	220	195	86	17-11-3-2	22-9-2-1	4-4-1-1	L4
d-San Jose	67	39	22	4	2	188	169	84	18-11-2-1	21-11-2-1	8-2-0-0	W1
Chicago	68	37	24	2	5	223	190	81	21-14-0-0	16-10-3-4	8-1-0-1	L2
Calgary	69	36	24	3	6	211	196	81	21-10-1-3	15-14-2-3	7-2-0-1	W3
Dallas	67	36	23	3	5	187	190	80	18-9-2-4	18-14-1-1	4-4-2-0	L1
Los Angeles	67	37	25	3	2	185	164	79	20-11-2-0	17-14-1-2	5-3-1-1	W1
Phoenix	68	34	23	7	4	194	198	79	16-11-4-2	18-12-3-2	4-4-1-1	L1
Anaheim	67	36	26	3	2	187	195	77	21-11-1-1	15-15-2-1	4-5-1-0	W1
Minnesota	67	35	25	2	5	176	176	77	17-13-1-3	18-12-1-2	5-3-1-1	W1
Nashville	67	33	24	6	4	169	159	76	15-7-4-3	18-18-1-1	3-5-1-1	L2
Columbus	66	31	26	4	5	183	200	71	16-13-1-2	15-13-3-3	3-3-1-3	L6
St. Louis	67	30	27	5	5	186	201	69	19-11-1-3	11-17-3-2	3-7-0-0	W2
Colorado	66	26	32	7	1	187	229	60	14-16-4-0	12-16-3-1	1-7-1-1	L6
Edmonton	68	23	37	1	7	170	224	54	12-19-1-3	11-18-1-3	5-5-0-0	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Calgary 4 Dallas 3 (SO)
Washington 5 Edmonton 0
Anaheim 5 N.Y. Rangers 2
Atlanta 3 Carolina 2 (OT)
Los Angeles 2 Detroit 1
St. Louis 4 Columbus 3 (OT)
Tampa Bay 4 Chicago 3 (SO)
Tuesday's results
Ottawa 2 New Jersey 1
Philadelphia 4 Edmonton 1
Pittsburgh 3 Buffalo 1
N.Y. Islanders 4 Toronto 3 (OT)
Florida 3 Chicago 2
Montreal 4 Boston 1
Minnesota 5 Colorado 2
Vancouver 4 Phoenix 3 (OT)
San Jose 3 Nashville 2 (OT)
Tonight's games
(all times Eastern)
Buffalo at Boston, 7 p.m.
Philadelphia at Toronto, 7 p.m.
Ottawa at Florida, 7:30 p.m.
Montreal at St. Louis, 8 p.m.
Minnesota at Nashville, 8 p.m.
Calgary at Phoenix, 9 p.m.
Vancouver at San Jose, 10:30 p.m.

CAPITALS 5, OILERS 0

First Period — No Scoring.
Penalties — Gilbert Edm (slashing) 9:34, Hannan Wash (interference) 14:28, Arnott Wash (hooking) 20:00.
Second Period
1. Washington, Ovechkin 26 (Arnott, Semin) 5:38 (pp)
2. Washington, Fehr 9 (Carlson, Ovechkin) 10:32 (pp)
Penalties — Jones Edm (kneeing) 4:14, Khabibulin Edm (delay of game; served by Giroux) 8:53, Plante Edm (tripping) 16:06.
Third Period
3. Washington, Ovechkin 27 (Johansson) 3:10
4. Washington, Fehr 10 (Chimera, Laich) 7:47
5. Washington, Semin 25 (Sturm, Wideman) 14:30
Penalties — Hendricks Wash (interference) 8:39, Semin Wash (slashing) 10:32, Paajarvi Edm (holding) 11:33.
Shots on goal by

Edmonton	10	7	5	—22
Washington	12	15	9	—36

Goal — Edmonton: Khabibulin (L,10-27-2); Washington: Holtby (W,6-2-2). **Power plays (goals-chances)** — Edmonton: 0-4; Washington: 2-5.
Attendance — 18,398 (18,398) at Washington.

FLAMES 4, STARS 3 (SO)

First Period
1. Calgary, Bourque 23 (Glencross, Staios) 10:26
2. Calgary, Kostopoulos 6 (Jackman, Backlund) 11:28
3. Calgary, Babchuk 11, 13:41
4. Dallas, Benn 18 (Ott, Goligoski) 18:28 (pp)
Penalties — Stajan Cal (tripping) 15:05, Bourque Cal (hooking) 16:38, Robidas Dal (high-sticking) 19:00.
Second Period
5. Dallas, Ribeiro 14 (Woywitka) 5:12
Penalties — None.
Third Period
6. Dallas, Vincour 1 (Petersen, Woywitka) 5:39
Penalty — Sarich Cal (boarding) 17:32.
Overtime
No Scoring.
Penalties — None.
Shootout — Calgary wins 2-1
Calgary (2) — Tanguay, goal; Bourque, miss; Glencross, goal; **Dallas (1)** — Benn, miss; Richards, miss; Ribeiro, goal.
Shots on goal by

Calgary	10	4	13	7—34
Dallas	8	15	9	2—34

Goal — Calgary: Kiprusoff (W,32-20-5); Dallas: Lehtonen (L,28-18-8). **Power plays (goals-chances)** — Calgary: 0-1; Dallas: 1-3.
Attendance — 14,476 (18,532) at Dallas.

SCORING LEADERS

	G	A	Pt
D.Sedin, Vcr	34	50	84
Stamkos, TB	41	38	79
H.Sedin, Vcr	16	63	79
St. Louis, TB	24	52	76
Ovechkin, Wash	25	44	69
Zetterberg, Det	18	51	69
Perry, Ana	31	37	68
Crosby, Pgh	32	34	66
Iginla, Cal	30	36	66
Toews, Chi	27	38	65
Kopitar, LA	20	45	65
B.Richards, Dal	24	39	63
E.Staal, Car	29	33	62
Sharp, Chi	33	28	61
Eriksson, Dal	23	38	61
Giroux, Pha	21	40	61
Selanne, Ana	21	39	60
Kesler, Vcr	33	26	59
Havlat, Minn	21	38	59
Nash, Clb	29	29	58
P.Kane, Chi	22	36	58
J.Carter, Pha	30	27	57

Not including last night's games

SOCCER

WOMEN'S CYPRUS CUP

At Paralimni, Cyprus
Yesterday's results
Championship
Canada 2 Netherlands 1 (extra time)
Third Place
France 3 Scotland 0
Fifth Place
England 2 South Korea 0
Seventh Place
Mexico 5 New Zealand 0
Ninth Place
Italy 2 Russia 0
11th Place
Switzerland 2 Northern Ireland 1

CHAMPIONS LEAGUE

ROUND OF 16
Second Leg
Yesterday's results
Schalke (Germany) 3 Valencia (Spain) 1
(Schalke advances on 4-2 aggregate)
Tottenham (England) 0 AC Milan (Italy) 0
(Tottenham advances on 1-0 aggregate)

ENGLAND

PREMIER LEAGUE
Yesterday's result
Everton 1 Birmingham 1

TENNIS

WTA BNP PARIBAS OPEN

At Indian Wells, Calif.
Yesterday's results
Singles — First Round
Zuzana Ondraskova, Czech Republic, def. Lauren Davis, U.S., 6-2, 6-1.
Alize Cornet, France, def. Patty Schnyder, Switzerland, 6-1, 6-4.
Anastasija Sevastova, Latvia, def. Polona Hercog, Slovenia, 7-5, 7-6 (6).
Bethanie Mattek-Sands, U.S., def. Vera Dushevina, Russia, 6-4, 6-4.
Gisela Dulko, Argentina, def. Vania King, U.S., 2-6, 6-3, 6-2.
Timea Bacsinszky, Switzerland, def. Olga Govortsova, Belarus, 7-5, 2-6, 6-3.
Kimiko Date-Krumm, Japan, def. Yaroslava Shvedova, Kazakhstan, 6-4, 7-5.
Barbora Zahlavova Strycova, Czech Republic, def. Alison Riske, U.S., 6-2, 6-1.
Lucie Safarova, Czech Republic, def. Kristina Barrois, Germany, 7-6 (9), 6-7 (5), 6-0.
Sara Errani, Italy, def. Greta Arn, Hungary, 6-6, retired.

CYCLING

PARIS-TO-NICE

At Belleville, France
Yesterday's results
Fourth stage (190 kilometres)
1. Thomas Voeckler, France, Europcar, five hours, four minutes, 20 seconds; 2. Remi Pauriol, France, Francaise des Jeux, same time; 3. Thomas De Gendt, Belgium, Vacansoleil-DCM, s.t.; 4. Remy Di Gregorio, France, Astana, s.t.; 5. Heinrich Haussler, Australia, Garmin-Cervelo, 13 seconds behind; 6. Peter Sagan, Slovakia, Liquigas-Cannondale, s.t.; 7. Romain Feillu, France, Vacansoleil-DCM, s.t.; 8. Samuel Dumoulin, France, Cofidis, s.t.; 9. Grega Bole, Slovenia, Lampre, s.t.; 10. Danilo Wyss, Switzerland, BMC, s.t.
Overall Standings
1. Thomas De Gendt, Belgium, Vacansoleil-DCM, 19 hours, 26 minutes, 46 seconds; 2. Thomas Voeckler, France, Europcar, 10 seconds behind; 3. Remi Pauriol, France, Francaise des Jeux, 0:16; 4. Matthew Goss, Australia, HTC-Highroad, 0:21; 5. Remy Di Gregorio, France, Astana, 0:24; 6. Heinrich Haussler, Australia, Garmin-Cervelo, 0:27; 7. Jeremy Roy, France, Francaise des Jeux, 0:30; 8. Tony Gallopin, France, Cofidis, 0:31; 9. Cyril Gautier, France, Europcar, 0:32; 10. Jens Voigt, Germany, Leopard-Trek, 0:35.

MLB

SPRING TRAINING

AMERICAN LEAGUE

	W	L	Pct
Kansas City	8	4	.667
Seattle	6	4	.600
Boston	7	5	.583
Texas	7	5	.583
Detroit	8	6	.571
Minnesota	6	5	.545
N.Y. Yankees	6	5	.545
Baltimore	5	5	.500
L.A. Angels	6	6	.500
Oakland	5	7	.417
Cleveland	4	7	.364
Tampa Bay	4	7	.364
Toronto	4	7	.364
Chicago White Sox	3	7	.300

NATIONAL LEAGUE

	W	L	Pct
San Francisco	10	4	.714
Washington	7	3	.700
Cincinnati	8	4	.667
St. Louis	7	4	.636
Atlanta	7	5	.583
Colorado	7	5	.583
Milwaukee	7	5	.583
Philadelphia	7	6	.538
Florida	5	5	.500
Pittsburgh	6	7	.462
San Diego	5	6	.455
N.Y. Mets	5	7	.417
L.A. Dodgers	5	8	.385
Arizona	5	10	.333
Chicago Cubs	4	8	.333
Houston	3	10	.231

NOTE: Split-squad games count in the standings; games against non-major league teams do not.
Yesterday's results
Tampa Bay 4 Toronto 3 (11 ings)
Baltimore (ss) 11 Minnesota 2
Boston 2 Baltimore (ss) 1
Cincinnati 15 San Diego (ss) 5
Colorado 8 L.A. Angels 1
Kansas City 13 Chicago Cubs 4
Milwaukee 11 Arizona 8
N.Y. Mets 7 Houston 2
N.Y. Yankees 4 Pittsburgh 2
Philadelphia 5 Detroit 3
San Diego (ss) 9 Cleveland 2
San Francisco 4 Chicago White Sox 2
Seattle 9 L.A. Dodgers 4
St. Louis 6 Atlanta 1
Texas 9 Oakland 2
Washington 8 Florida 4

CRICKET

WORLD CUP

GROUP A

	MP	W	T	L	NR	Pt
New Zealand	4	3	0	1	0	6
Pakistan	4	3	0	1	0	6
Australia	3	2	1	0	1	5
Sri Lanka	4	2	1	1	1	5
Zimbabwe	3	1	0	2	0	2
Canada	**4**	**1**	**0**	**3**	**0**	**2**
Kenya	4	0	0	4	0	0

GROUP B

	MP	W	T	L	NR	Pt
India	4	3	1	0	0	7
England	4	2	1	1	0	5
South Africa	3	2	0	1	0	4
West Indies	3	2	0	1	0	4
Bangladesh	3	1	0	2	0	2
Ireland	3	1	0	2	0	2
Netherlands	4	0	0	4	0	0

Yesterday's result
At New Delhi
India (191 for five) def. Netherlands (189, all out) by five wickets.
Today's match
At Kandy (Pallekele), Sri Lanka
Sri Lanka vs. Zimbabwe
Tomorrow's matches
At Mohali (Chandigah), India
West Indies vs. Ireland
At Chittagong, Bangladesh
Bangladesh vs. England

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
dx-Boston	46	16	.742	—
y-Chicago	45	18	.714	1½
d-Miami	43	21	.672	4
Orlando	41	24	.631	6½
Atlanta	37	27	.578	10
New York	34	29	.540	12½
Philadelphia	33	31	.516	14
Indiana	27	37	.422	20
Charlotte	26	38	.406	21
Milwaukee	25	38	.397	21½
Detroit	23	42	.354	24½
New Jersey	20	43	.317	26½
Toronto	17	47	.266	30
Washington	16	47	.254	30½
Cleveland	12	52	.188	35

WESTERN CONFERENCE

	W	L	Pct	GB
dx-San Antonio	52	12	.813	—
Dallas	46	18	.719	6
d-L.A. Lakers	46	19	.708	6½
d-Oklahoma City	40	23	.635	11½
Denver	37	27	.578	15
Portland	37	27	.578	15
New Orleans	38	29	.567	15½
Memphis	36	30	.545	17
Phoenix	33	29	.532	18
Utah	34	31	.523	18½
Houston	33	33	.500	20
Golden State	28	36	.438	24
L.A. Clippers	25	40	.385	27½
Minnesota	16	50	.242	37
Sacramento	15	47	.242	36

d – division leader; **x** — clinched playoff berth; **y** — clinched division

Last night's results
Utah 96 Toronto 94
Chicago 101 Charlotte 84
L.A. Clippers 108 Boston 103
New Jersey 94 Golden State 90
Oklahoma City 110 Philadelphia 105 (OT)
New York 110 Memphis 108
Milwaukee 110 Cleveland 90
Minnesota 101 Indiana 75
New Orleans 93 Dallas 92
San Antonio 111 Detroit 104
Orlando 106 Sacramento 102
Tuesday's results
Golden State 95 Cleveland 85
L.A. Lakers 101 Atlanta 87
Milwaukee 95 Washington 76
Philadelphia 110 Indiana 100
Phoenix 113 Houston 110
Portland 105 Miami 96
Tonight's games
All times Eastern
L.A. Lakers at Miami, 7 p.m.
New York at Dallas, 9:30 p.m.
Denver at Phoenix, 10:30 p.m.
Tomorrow's games
Portland at Charlotte, 7 p.m.
L.A. Clippers at New Jersey, 7 p.m.
Boston at Philadelphia, 7 p.m.
Indiana at Toronto, 7 p.m.
Atlanta at Chicago, 8 p.m.
Utah at Minnesota, 8 p.m.
Detroit at Oklahoma City, 8 p.m.
Sacramento at San Antonio, 8:30 p.m.
Orlando at Golden State, 10:30 p.m.

JAZZ 96, RAPTORS 94

UTAH (96)
Miles 9-17 3-3 23, J.Evans 1-4 0-0 2, Jefferson 17-24 0-0 34, Harris 8-19 5-7 23, Bell 2-8 0-0 5, Favors 1-3 1-2 3, Hayward 0-3 0-0 0, Fesenko 1-4 1-2 3, Watson 1-3 0-0 3, Cousin 0-0 0-0 0. Totals 40-85 10-14 96.
TORONTO (94)
J.Johnson 3-4 1-1 7, A.Johnson 1-3 0-0 2, Davis 5-13 2-2 12, Calderon 7-12 0-0 14, DeRozan 4-16 9-11 17, Weems 6-10 2-2 16, R.Evans 1-2 0-0 4 2, Barbosa 2-8 2-2 7, Bayless 4-6 0-0 9, Wright 0-0 2-2 2, Dorsey 3-5 0-0 6. Totals 36-79 18-24 94.

Utah	31	21	18	26	—96
Toronto	26	24	28	16	—94

3-Point Goals—Utah 6-18 (Harris 2-4, Miles 2-4, Watson 1-3, Bell 1-5, Hayward 0-2), Toronto 4-9 (Weems 2-2, Bayless 1-1, Barbosa 1-2, DeRozan 0-1, Calderon 0-3). Fouled Out—None. Rebounds—Utah 47 (Jefferson 8), Toronto 51 (R.Evans 11). Assists—Utah 21 (Harris 5), Toronto 18 (Calderon 6). Total Fouls—Utah 19, Toronto 20. A—14,425 (19,800) at Toronto.

CURLING

THE BRIER

At London, Ont.

Province (Skip)	W	L
x-Manitoba (Stoughton)	8	1
Ontario (Howard)	7	2
N.L. (Gushue)	7	2
Alberta (Martin)	7	2
Northern Ont. (Jacobs)	5	4
Saskatchewan (Laycock)	4	5
B.C. (Cotter)	3	6
NWT/Yukon (Koe)	3	6
Quebec (Gagne)	3	6
New Brunswick (Grattan)	3	6
Nova Scotia (Adams)	3	6
P.E.I. (MacKenzie)	1	7

x — clinched playoff berth.
Yesterday's results
Draw 12
Alberta 11 Saskatchewan 3
British Columbia 8 Quebec 7 (extra end)
Newfoundland & Labrador 9 Nova Scotia 3
Northern Ontario 5 Ontario 4 (extra end)
Draw 13
Manitoba 7 Saskatchewan 6 (extra end)
Nfld. & Labrador 6 New Brunswick 5
Northwest/Yukon Territories 6 B.C. 5
Ontario 11 Prince Edward Island 1
Draw 14
Manitoba 5 Alberta 1
New Brunswick 8 Nova Scotia 5
Northern Ontario 9 Prince Edward Island 2
Quebec 10 Northwest/Yukon Territories 4
Today's games
(all times Eastern)
Draw 15, 9:30 a.m.
Newfoundland & Labrador vs. Manitoba; Ontario vs. Northwest/Yukon Territories; British Columbia vs. Prince Edward Island; New Brunswick vs. Saskatchewan.
Draw 16, 2:30 p.m.
Northern Ontario vs. New Brunswick; Nova Scotia vs. P.E.I.; Alberta vs. Northwest/Yukon Territories; Manitoba vs. Quebec.
Draw 17, 7:30 p.m.
British Columbia vs. Nova Scotia; Saskatchewan vs. Northern Ontario; Newfoundland & Labrador vs. Quebec; Alberta vs. Ontario.
End of Round Robin

WORLD JUNIOR CHAMPIONSHIPS

At Perth, Scotland
MEN
Yesterday's results
Round Robin
Seventh Draw
Canada 11 Finland 7
Scotland 9 Czech Republic 7
Sweden 8 China 3
Switzerland 8 Norway 3
U.S. 8 Denmark 6
Eighth Draw
Canada 7 China 2
Norway 8 Scotland 6
Sweden 6 Czech Republic 4
Switzerland 5 Denmark 2
U.S. 5 Finland 1
Today's games
All times Eastern
Ninth Draw, 12:30 p.m.
China vs. U.S.; Norway vs. Denmark; Sweden vs. Scotland; Switzerland vs. Finland; Czech Republic vs. **Canada**.
WOMEN
Yesterday's results
Round Robin
Seventh Draw
Canada 6 Russia 3
Scotland 10 Japan 2
Sweden 11 France 2
Switzerland 6 Czech Republic 3
U.S. 7 Norway 1
Today's games
All times Eastern
Eighth Draw, 8 a.m.
Canada vs. U.S.; Japan vs. France; Sweden vs. Switzerland; Russia vs. Scotland; Norway vs. Czech Republic.
Ninth Draw, 5 p.m.
Japan vs. Switzerland; U.S. vs. Czech Republic; Scotland vs. **Canada**; Norway vs. Sweden; Russia vs. France.

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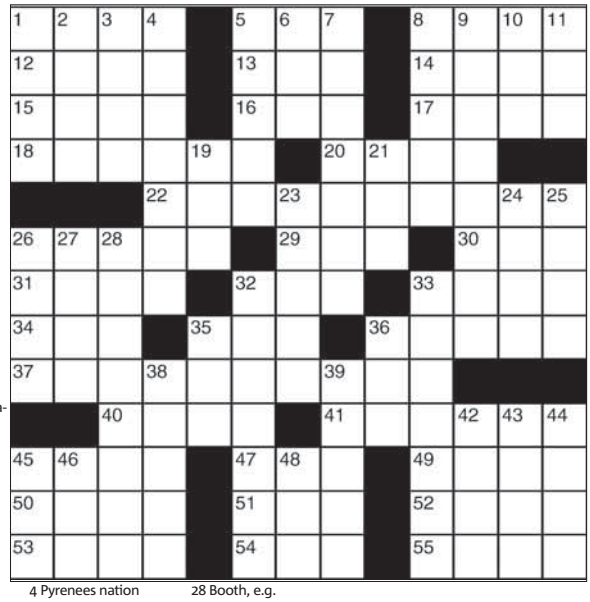
Crossword



Across

1 Houston acronym
5 Have a bug
8 Urban pall
12 Black, in poetry
13 Expert
14 Hemingway nickname
15 Join with a blowtorch
16 Ultramodernist
17 Formerly, formerly
18 Moe, Larry or Shemp
20 Croon
22 Property
26 Get more ammo
29 Shade source
30 Trigger's rider
31 — Major (constellation)
32 Pigs' digs
33 Existed
34 That man's
35 Buck's mate
36 Carries
37 Integer, e.g.
40 Daytime drama
41 Cruel
45 Too
47 Couric's network
49 Thought
50 Cut of pork
51 Reaction to skyrockets
52 Standard
53 Undersized
54 Aye opposer
55 Icky stuff

Down

1 Information
2 Help unhandedly
3 One's performance
4 Pyrenees nation
5 Breathing problem
6 Anger
7 Without precision
8 Exhausted
9 "Dennis the Menace" girl
10 Chances, for short
11 "Roscoe"
19 Jewel
21 Doctrine
23 "— Eat Cake"
24 Ripped
25 Spud's buds
26 Rhine feeder
27 Huron neighbor
28 Booth, e.g.
32 Trace
33 Employed
35 "CSI" evidence
36 Commandment count
38 Daft
39 Full, as eyebrows
42 "American —"
43 Infamous fiddler
44 Moist
45 Matterhorn, for one
46 Reed or Rawls
48 Feathery neckpiece

▶ Yesterday's answer

Sudoku

	7	9				4		
			9	1				3
5					4			1
		7	1		6		3	
	3			4			2	
	8		3		2	6		
7			4					8
3				2	8			
		5				1	7	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	8	3	2	4	6	7	5	9
4	7	9	8	5	1	2	6	3
5	6	2	3	7	9	1	4	8
2	4	7	1	3	5	8	9	6
6	9	1	4	8	2	5	3	7
8	3	5	9	6	7	4	1	2
7	1	8	5	9	3	6	2	4
9	5	4	6	2	8	3	7	1
3	2	6	7	1	4	9	8	5

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Numniblet,
I wake up every morning with you on my mind & even though your here, i miss you like your in nfld. your my kindred spirit, my best friend, my lover, my wife.
LOVE LIL CAT XOXOXOXO

Happy 17th wedding anniversary to you, Heart! Here's to more loving years with our angels together! Cheers! love you very much!
LOVE & KISSES, MAMAFE

Sarah, you are the best! Happy 12 months babi. you are so special and you make me soo happy. i better get a hugeeeee kiss and hug :)
SANFOUR

Kumquat,
You're the best little fruit sister I could ever have! Stay plump =D
LOVE, THE QUEEN

Today 9°/5° Rain 90%
Friday 7°/6° Rain 80%
The Weather Network Download WeatherEye to your smartphone.
TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Love is in the air, today. Is there someone you secretly fancy but haven't yet had the chance to approach? That chance is about to arrive. Be ready!

♉ Taurus April 21-May 21 You will find it remarkably easy to get your way today. If you use charm rather than coercion, almost anyone will do almost anything you ask — without any hestitation.

♊ Gemini May 22-June 21 No matter how much others might question your beliefs, you are comfortable with them and that is the only thing that matters. The more you look at the world today, the more it will make sense, and the happier you will be.

♋ Cancer June 22-July 22 Make sure you get value for money today. It's not like you to be easygoing about how your cash is spent, but for some reason you don't seem to care how much things are costing you. You should.

♌ Leo July 23-Aug.23 It's one of the best days of the year for affairs of the heart. Make an effort to reach out to those you love. Some people seem to believe you love yourself more than them. Prove them wrong.

♍ Virgo Aug. 24- Sept. 22 Don't work so hard. Venus, planet of harmony, in the work and wellbeing area of your chart urges you to rest, relax and restore the equilibrium between mind, body and emotions.

♎ Libra Sept. 23-Oct. 23 You won't be shy about letting those you care for know how much they mean to you. Creatively, too, this is a good day. Let your artistic side come out.

♏ Scorpio Oct. 24-Nov. 22 You may have been too busy to spend much quality time with family and friends, but that's OK because you are about to make up for it. You will happily sacrifice your desires for the needs of those around you.

♐ Sagittarius Nov. 23-Dec. 21 You will want to express your feelings in ways that can cast no doubt about what you are trying to say. This is a good time to write love letters or to pick up the phone and say, "I love you."

♑ Capricorn Dec. 22-Jan. 20 You may be in the middle of a winning streak, but don't take your good fortune for granted and spend too much money on things you don't need. What happened to that Capricorn caution? You'll need it.

♒ Aquarius Jan. 21-Feb. 18 Physically and emotionally, you feel good thanks to Venus in your sign. You will feel even better if you get out and meet as many people as you can. You are a social animal.

♓ Pisces Feb. 19-March 20 Try not to get too serious about life, today. There will be time to ponder when you have completed your current task. For now, it's about details. Stay focused. SALLY BROMPTON

Caption contest

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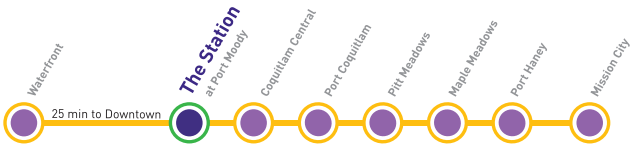

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